



NORTH STONINGTON SENIOR CENTER

Vol. 4 Issue 1

January 2013

A HAPPY AND HEALTHY NEW YEAR TO ALL

I hope that everyone had a great holiday. I know I did!

David and I would like to thank-you for your generosity this holiday season. We are very appreciative of your thoughtfulness.

God Bless and Have a Good New Year

Pat Shafer collected \$220 for a needy

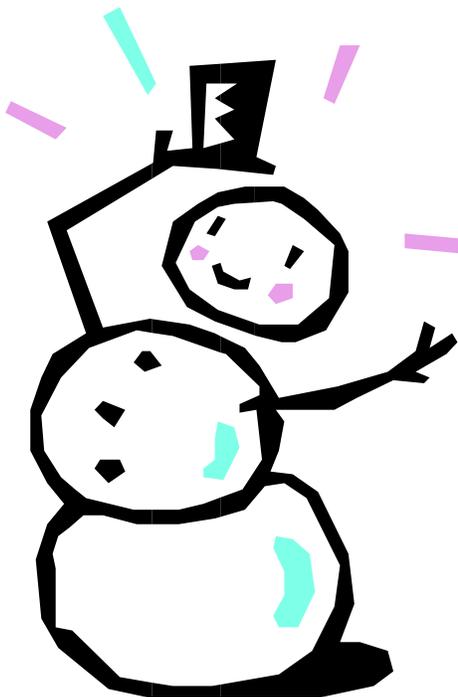
family in town. The family is very grateful for the extra

help.

The L&M staff at the Route 1 facility gave me a \$110 money order to help a senior in town.

The Senior Center received donations from : Happy Hands, Antique Auto Club and the Donovan family.

Please note nominations for the Golden Agers Board of Directors will be held Wednesday , Jan. 2nd at 12:30



HAPPY BIRTHDAY

- *Ester Ayrtd*
- *Julia Baldwin*
- *Gwen Coughlin*
- *Kathleen Handley*
- *Arlene Morton*
- *Eunice Schaub*
- *Patricia Shafer*
- *Joan Wallace*
- *Happy Anniversary*
- *Francis & Lucy Eldridge*

FREE TAX PREPARATION

Free tax preparation as part of AARP tax aide program will be held on February 28th,

March 14 th and 28th. Tax consultants Bob Mason and Richard Ware will be available

from 11 AM till 2 PM. Sign-up sheets are handing on the bulletin board.



LUNCH MENU

Jan. 9th, 2013

Split green Pea Soup with Ham Oven baked pasta, topped with a hearty meat sauce and Ricotta cheese. Salad, and rolls.

Jan 16, 2013

Chicken soup with Orzo

Filet of Fish with herbed stuffing, topped with a seafood sauce, served with parsley boiled potatoes and yellow squash. Chopped cabbage salad and rolls.



Jan 23, 2013

New England clam chowder

Beef Ragout. Tender bites of Chuck Steak, braised in beef and tomato broth accompa-

nied by fresh vegetables served over seasoned egg noodles.

Jan. 30, 2013

Hearty Ham & bean soup

Hot open faced

smoked turkey sandwich. Thin sliced smoked turkey breast atop toasted bread with a choice of lite gravy or Mornay Sauce. Mashed potatoes and veggies.

TRIPS

MYSTERY LUNCH

JAN 17TH, LEAVING 11:30 AM.



North Stonington Senior Center

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NORTH STONINGTON SENIOR CENTER

Transportation is provided by seniors for medical reason, by appointment only! Appointments must be made at least a month in advance.

North Stonington Golden Agers Club

Board of Directors:

GA President– Jerry Ward

GA Vice President– Dot Costa

GA Secretary-Ester Perkins

GA Treasurer– John Holliday

GA Sunshine Lady– Margaret Ward

ACTIVITIES

MONDAY

Wii 10 am– noon

Tai Chi 1pm– 2pm

WEDNESDAY

1ST WED. OF MONTH

BLOOD PRESSURE

11:30 AM GA MEETING

12:30 PM BINGO

2ND, 3RD,4TH WED,

LUNCH AT NOON, BINGO

THURSDAY

ZUMBA 10 AM-11AM

QUILTING 12:30 PM 3 PM

FRIDAY

ART 9:30AM-11:30AM

POPPIN 2PM

